

## Module 1 – Brilliant Brain – Meditation

And taking a deep breath in and out and as you breathe in, breathe in pink and gold energy. And as you breathe out, breathe out negativity, breathing in and out.

We'll do something fun today as we begin our meditation. If you're in a place, comfortable, seated position where you can do this, let's go ahead and bring your hands, palms together in front of your heart, in the namaste position. In this position, namaste means I honour the god goddess within you. I see the light in you.

Feel that from me to you and send that out to your world. Accept that really awakened state of I honour the god goddess in myself and I send it out to all others.

And breathe that acceptance of the divinity of yourself and all others into your body, just breathe that in. Then we can open the palms up so we keep the bottom heels of the hands and the pinky and thumb touching and we extend the fingers out, opening it out to a kind of cup. This mudra is called Lotus mudra and so you can look down into your hands and your fingers are spread, you can look down into your palm and it's palms that are touching are actually creating a cup or a flower of a sort.

What I'd like you to do is imagine that you are going to incorporate as above so below. You're going to bring spiritual energy and wisdom, in, and you're going to incorporate your physical and your spiritual world. As you breathe in, send that Lotus cup, that Lotus flower up over your head so you're lifting your arms up, and as you breathe out, bring it down unto your heart's center. Breathing in, and lifting that Lotus flower up over your head, and breathe out, and breathing that down into your heart's center. You're integrating the spiritual world with the physical world, breathing in, up, and out down.

In up, and out down. In up, out down. In up, and out, down. Holding that cup, that Lotus mudra in front of your heart, receiving all of the spiritual wisdom, bring that into your physical, emotional, spiritual, mental body. When you're ready, you can allow your hands to drop to your thighs and you can have thumb and first finger touching and you can leave those palms facing up to the universe. So facing up, we're in the Dhyana mudra, the mudra of infinity.

All right. Sending a grounding cord down from the base of the spine to the center of the earth, making the grounding cord nice and wide, setting the grounding cord on release, and beginning to release the excess energy in the body.

And we're talking about releasing all that mental confusion and stress and distress because we're healing the mental body today. So let's make sure that we've got maybe the worldwind or tornado. We're going to clear out all that we need to know,

and we're going to let that go and we're going to naturally let all of our innate wisdom come in, fill in the spaces where we're busy as a bee trying to get stuff, figure stuff out. So we're letting that figure stuff out, down the grounding cord, and we're letting that innate wisdom just fill in that gold energy. Breathing in and out.

Male bodies, ground your testes with a line of energy as wide as your wrist, hollow in the center down to the center of the earth and let's set those male glands on release and release aggression and competition.

Female bodies, let's ground a line of energy from your right and left ovary, through the perineum down to the center of the earth. Set the right ovary on release on the left ovary on release and let's just let that rip. Let those ovaries and all the healing projects go and we're all coming into right being a neutrality ready to enjoy this healing meditation.

A line of energy as wide as your wrist, hollow in the center from the adrenals down to the first chakra and down to the center of the earth. Then setting the adrenals on release and really seeing the adrenals.

Very good. Let's just go ahead and bring the sciatic nerve, a connection from the sciatic nerve, let's go ahead and ground that sciatic nerve into the adrenals and just like a bucket of water when you pull a cork out of the bucket of water, the water just naturally streams out of the bottom of the bucket. In the same way, we're going to plug the sciatic nerve into the adrenals and all the nervous tension, anxiety and stress from the nervous system is just clearing out now.

Let's go ahead and make an extra effort to clear out the nervous system. Let's take a little golden vacuum cleaner and let's just vacuum out that lacy network of nerves. Maybe you can stick two little vacuum cleaners into the adrenals and have a suction just suctioning out all of the lacy network of nerves or, you're also free to just let the little golden room by that spiritual robot vacuum cleaner, to just roam your body and clear out any dark energy that might be congested in the pathways of the nervous system and the system of communication through the nerves.

It's vital that we clean out the nervous system. The nervous system, the skin and the brain are formed from the same embryonic material. When we're developing as a little fetus and embryo, we actually are having the same embryonic material form the skin, form the nervous system and form the brain and those are our intelligent communicators. That's where we really receive our information. Through our skin, through our nervous system and through our brain.

And so it's really important that we keep the skin clear, the nervous system clear and the brain clear, for clear communication. So while we're cleaning out the nervous system, why don't we do a beautiful deep program on the skin? Just imagine a blue flame from the skin in, so from the outside of the skin in, just notice a little blue flame deprogramming all the skin, and setting it back to clear

communication.

And then, let's go ahead and also take a look at the nervous system. The nervous system at this point, should be a beautiful electric blue. So if you're looking at yourself kind of in your mind's eye, you're going to see like the invisible man in the science projects, the lacy network of nerves is lit up as an electric blue.

10:00

Beautiful. All right then. Let's pop up to the center of the head and we'll be coming back here to work on the brain but in the meantime, let's take a seat on our throne in our Golden Temple of silence. What a beautiful Golden Temple of silence we have? Isn't your Golden Temple of silence amazing? It's a beautiful place to sit and enjoy yourself. If there's any excess cobwebs, if you haven't been up here for a while, let's go ahead and wash that out. You can take a vacuum cleaner, a spiritual fire-hose, a broom, a hair blower might be a good thing to do. Let's just clean out the center of the head and open a trap door out the back so any excess funk, we're just letting it go.

This would be also a perfect time to clear a pattern. So if you have an old pattern that resurfaces when something comes up, like an old way being a new, actually know that has nothing to do with present time. Why don't you just imagine that that's on a legal document and let's just wash that out and see that go down the grounded cord. That one old pattern go.

You can just say bye-bye, never to return again. I love myself. I trust myself. I'm a hip chick or a happening dude. I don't need that pattern anymore. Just pat yourself on the back, you let it go, close up the trap door and then we're going to pop out the top of the head, and pulling the aura into 18 inches around the body.

Let's do a deep program on the outside edge of the aura. That would be a cobalt blue flame on the outside edge of the aura, and today, let's use a golden sticky rose. So this is like a golden Velcro rose, beautiful, the rose is kind of silky, that golden silky rose and the stem is all Velcro. Maybe even the outside edge of the rose is Velcro. Let's go ahead and clean up the dust bunnies and fuzz balls that have collected in the aura as you've gone about your days and week. Just put that at the top of the head and let that spiral around the head, neck and shoulders, arms, elbows, forearms, wrists and then all the way down around the waist, around the hips. Let's clean really that up.

Some of you are having survival issues these days. Let's just clean out everybody else's information. So, somebody told you it's a bad economy, you heard it on the news, you read it in the newspaper, somebody's complaining. You know what? That's dust bunnies in your aura. Let's get them out and it'll hover around you for chakra around your hips. So really tune that up and vacuum that out. You don't need anybody else's information. You're not in a bad economy. You're in your

abundant life. Let's clean that up.

Then let that go all the way down around your thighs, under your bottom, behind your knees and in front of your knees. Really, that ability to honour yourself, you're just stepping up more and more into this playground of joyful celebration, joyful life, bliss, this listless bliss all the time. I kneel at the altar of myself. I honour myself.

Let's just clear up around the shins, ankles, around the feet, under the feet and really use this Velcro rose, this golden rose to clean off the bottoms of the feet, your soul understanding. You're preparing yourself to take your next steps in your mental body. Let's clean that up.

I'm so proud of you, you're doing a great job. While you're down on your feet and you've cleaned off the soles of your feet with this golden sticky rose, go ahead and throw the sticky rose down the grounding cord and let's go ahead and open those feet to earth energy. You can imagine a 35mm camera, the shutter in the lens there, opens up to let the light in. Let's open up of those feet chakras to earth energy.

Earth energy is often seen as clay coloured or green. So, let's open it up and bring earth energy up through the feet, through the ankles, through the shins and calves, through the knees, through the thighs, out the hips and down the grounding cord.

Yeah, just let that all clear. Isn't it amazing, just feel so good to clear those light channels? Really creating your next steps, taking your next steps, your ability to take your next steps. Again, that leg channel on the right, your ability to take your next steps in your outer world and your outer life in your business, in your career, in your financial life, maybe in your volunteer service. You know that outer expression? Maybe it's even in your church or community.

Your left channel is really taking your next step in your personal, emotional tender self, in your love life, in your intimate relationships with yourself and all others just at that tender place, that emotional place, being able to step forward and really having that channel clear.

Fantastic. It feels so, so good.

You can even let that earth energy feel loving today. Just feel like your steps are just filled with love, and that earth energy becomes love to you. You become related to mother Earth and mother Earth and the energy of love not in suffering.

So, someone might've told that mother Earth is unhappy and that she's going through her crisis, but you know mother Earth has this amazing love energy available to all who live on her surface. We get out what we put out. So we get back what we put out. So if you're giving love and thoughtfulness to mother Earth and you're willing yourself to be a blessing on your environment, your flowers or your plants or your garden is growing beautifully, mother Earth is sending you love,

mother Earth is giving you love. And you know what? That's available to everybody, even people who don't have gardens and even people haven't taken steps yet to be loving with mother Earth.

She has love for all of us. So let that energy, that green or clay coloured energy be filled with love so your steps, your leg channels are opened to mother Earth love. It's coming all the way out, cleaning those leg chakras and all the way out through the hips and you can actually even imagine those leg channels to be the entire legs this time. Usually, we see kind of hollow channels like a garden hose, a little bigger than a garden hose coming through. But I'd like you to imagine that mother Earth energy, that love energy, clearing every cell in the legs right now. So it's more than just the leg channels, it's the whole legs themselves, the physical legs are getting cleared by love for mother Earth.

Amazing, amazing...

Now that we're getting that really moving in our legs, find a place in the universe that makes you so happy, that's in affinity with you, that really feels like maybe it's just one step up from your own energy vibration, or a few steps up but not so far out that you can't receive it. Let's bring a line of energy from that amazing, amazing loving place into the back of your head. 1 inch above where the spine meets the skull. Here we are already starting on the brain and in this place, 1 inch above where the spine meets the skull, it's an interesting location. This is where our genetic entity is, not important to know that name or understand that name but what is important, is to know that that is where your spirit and your body connect.

20:00

When you were an embryo or a fetus and your spirit made its connection with the body, and the spirit and the cells lined up and said this is the body for this spirit, that's where the connection is. 1 inch above where the spine meets the skull and, it's about an inch and a half around, and let's just go ahead and bring that energy in, that universal energy into the back of the head. It's very very close by the way for you who understand the brain a little or are curious, it's where our vision center is. Also, very very close there is where our brain interprets what our eyes receive. Our visual cortex is right back there.

Alright, bringing the line of energy into the back of the head and down through the neck, through the shoulders, through the arms, elbows, forearms, wrists, hands and finger tips. Instead of just taking it through the channels, let's take it through all the skin and bones and muscles and let's just clear everything out. The physical body, spiritual body, emotional body, mental body, meridians, let's clear it all out. This is a deep deep clean. We're bringing more of that energy down through the back channels and the literally through the back, through the muscles, the bones, the glands and organs that are related to the back, all the way down into the hips. We're even going to get a buttock's muscles all four muscles, the skeleton, the

spine, the sacrum and the hipbones. All of that is getting flushed out with this beautiful universal energy. Bringing up through the belly, through the chest and all the glands and organs are getting cleared out. Through the heart and the lungs and the ribs and the breast and the packs and through the neck, through the throat, through the chin, through the mouth, the lips and everything in the head. Let's just flood that with this universal energy.

It's so good for us and, right through the brain, let's just have a nice whoosh, this beautiful spiritual energy, through the brain. We're really doing a spiritual shower from the inside out, cleaning every cell, every muscle, bone, joint, gland, organ, all the fas-ha. Everything is getting cleaned out with this spiritual energy and you're actually beginning to tingle with this light energy. We're ready to come back into the center of the head and there you sit in the throne in the center of the head and we're going to be saying hello to the glands and organs in the head. So we start with the pineal gland and that you'll find if you trace your ears into the center and then go back about an inch, so straight in, through the ears and then back one inch back, towards the back of the head, you're going to find your pineal gland. It's right about there. Let's go ahead and clean that up.

We take that another one of those golden sticky roses and clean off any energy that isn't kind of a nice dark brown or coffee bean gland, shaped like a coffee bean, that's what we're looking for. You can ground that gland with a line of energy and of course it doesn't need to be as wide as your wrist. We don't want to have the gland get sucked down the cord. That's a joke, is not going to go anywhere. Set the gland on release, the pineal gland, and let's just let go of any interruption of that gland functioning at full force.

You're doing an amazing job.

Now that we've grounded that gland, let's set a gauge next to the gland and see where the function is. All right, and so you look at that gauge and it can be like a thermometer and let's just see if you're at 100%. I'm a really good sleeper and a good meditator, so my pineal gland is usually at 100%, as it is today. But some of you may have interruptions in your body, based on stress and sometimes when women are going through hormonal changes, have interruptions in their body, but you can actually work on this and even maintain equanimity in your sleep space if you work on this gland. If it isn't at a 100%, see if you can push that gauge up to a 100%.

All right. If you need more time you can pause the CD and work on it a little more. But for now, let's pulse the golden sun onto the pineal gland. Beautiful. We're just sealing up the healing and so, it remains at that nice, kind of chocolatey or coffee bean brown gland, and hopefully you've gotten it up to 100%. For any of you that have an illness in the gland, let's go ahead and activate the stem cell that formed the gland. So, if you are having difficulty with meditation and sleep you can just say hello to the original stem cell that form the pineal gland and let's just ask the pineal

gland to regenerate, using this original stem cell and you can even kind of feel a little bit of a cyclone there. Regenerating the cells, very cool.

All right, that's wonderful. You can always seal that up with a little pulsing golden sun and then finally, if you find yourself just on a rare occasion not sleeping, you can imagine pressing with the spiritual finger on the pineal gland. If you imagine like it pressing on the pineal gland for a couple minutes, the gland will release melatonin and your spiritual body will actually cause the gland to work. That is an option for you. If you're having difficulty just on a rare occasion, you can just push with your spiritual finger on the pineal gland and it will turn on after a couple minutes. Fantastic.

All right! Now, we're going to move to the hypothalamus. The hypothalamus is kind of smack dab in the middle, just above the brain stem and the beautiful, healthy, functioning hypothalamus is often on the astral. Seen as golden yellow or like a very light lime green. I often see this as kind of a fountain that kind of extends up and out the top of the head. You can go ahead and put a gauge on your hypothalamus and just see what the function is of the hypothalamus. If the gauge isn't at a 100%, let's go ahead and push it up. If you'd like to, if it seems like it's quite normal function why don't you ground it and set it on release. If it's up at 90 or 100%, it doesn't need to be grounded. But, if it's lower than that, just ground it down to the center of the earth and just push the release button on and release it.

Very good, and then all of those of you who are working on that gauge, just push that gauge a 100%. We want that working a 100%. While we're working on this now, we'll activate the seventh chakra, and that's related to the two glands that we've just been working on, the pineal gland and hypothalamus. Seeing either a 1000 pet of Lotus, coming out of the top of the head, or this 9 to 12 inch chakra cone that's spinning, should be gold or yellow.

30:00

Clear that line of communication from the pineal gland in the hypothalamus to the chakra or 1000 pet of Lotus. You're doing amazing.

This is a big project. You definitely want the energy centers in the head, active, so that the brain can really use all of your energy as well as all the cellular work that we're doing. We'll move now to the pituitary gland, that produces the human growth hormone, our fountain of youth. That gland often looks cobalt blue or green. Blue is the absolute best, green is also excellent for the colour of the gland and it's in front of the hypothalamus. It's kind of like little birds, like a robin's egg, it's not so big. Let's put the gauge up and see where you're at with function on that.

If your function is not in a real high range, go ahead and ground it and let's drain off any dark energy or any dysfunction. We'll set it on release. Again, if you're up at 90 or a 100%, it's just fine, you don't need to ground it. Let's ground it and release it if

not. Then, for those of you who are in a high range, go ahead and push it to 100% and then once you've grounded it for all others, go ahead and work on that gauge. For both the hypothalamus and the pituitary gland, you're also welcome to use the original stem cells to activate a healing. If your hypothalamus did not come up to 100%, why don't you activate the original stem cell that form the hypothalamus and maybe you can feel it that little dust Tasmanian devil running around, just turning everything back on and cleaning everything back up. That stem cell is very very active and move quite quickly and give new information about how that gland should be functioning. Also do that in the pituitary gland.

Every time you do a healing, I'd like you to pulse a golden sun, that's just placing god energy on it. We really like to seal things up with god energy golden sun. Now, we're going to activate the sixth chakra, remember that comes out of the brow center, just about 6 inches out from the brow center and 6 inches out of the back of the head. Just see it spinning and active, a really beautiful healthy colour for the sixth chakra is like a peacock blue. See that making the communication, that chakra energetic communication is going through the head, and it's connecting up with the hypothalamus and the pituitary gland.

While we're working on this, let's go to the cortex. Where we talked about right under the skull, those peaks and valleys, kind of those mountains and crevices which is the outer part of the brain where communication takes place. Let's do a deep program, which is a cobalt blue from the skull, through the surface of the brain and what we're basically doing is deprogramming any interruption in the flow of good communication. We're not having it affect good communication other than enhancing it, we're just taking out all the interruptions so that blue flame is flaming from the inside of the skull into those crevices and valleys and peaks.

It actually should feel good. It's going to give a little more room. Sometimes the space between the brain and the skull actually ends up being a little bit muddy or like peas soup, ends up having a funky gunk in there. As a matter of fact, let's burn it off. If you notice that it's kind of like tar between the cortex and the surface that reaches up to the skull, let's go ahead and take a golden sticky rose and clean up any black tar. You really want that sacred brain space there, your communication space really clean, beautifully set for fine communication well well into old age.

Once you've done the deep program, the blue flame, you've done the golden sticky rose, let's go ahead and imagine a little shower of hydration going into the brain and rehydrating just like a spring shower, or the first rain after a dry hot season. You're just imagining that that brain is just opening up to receive the hydration and hydration is so so important for the brain, for the communication that happens between the neurotransmitters.

Let's move into the center brain, the brain stem. We'll ground that, the reptilian brain which is the instinctual brain, and let's set that on release. Beautiful, and then we're going to the emotional brain that's wrapped around it kind like a little fist over



the top of the brain stem, and set that on release. You can ground that and set that on release. And then we'll do the \*\*\* it kind of looks like balls or rams horns or there's something kind of on the sides of the emotional brain that I see kind of like balls to me. Let's ground that too with the emotional brain and the reptilian brain, and we'll set that to release. All we're releasing is just the muddle and funk so that it can function well.

Then the cortex which we've addressed on the outer edge, but let's go ahead and ground the right and left lobe and clear that too, and so we'll set that on release. Again, the right side, your creative brain, your left side is your logical brain. We're also going to imagine that we know where that connector is. There's actually only three connections between the right and left lobe so there's very little communication, those connectors need to be clear. Let's just state that your spiritual body knows how to do that and let's see those connectors between the 2 brains clear. We're setting the whole brain and including the frontal lobe, the magical brain on release right now.

As that's releasing, we're clearing all the muddle and funk, interruption in good communication out of the brain. From the frontal lobe we're just activating that miracle, that space of being able to imagine and conceptualize beyond the logical brain. Some people call the frontal lobe the angelic brain for a good reason. This is really out-of-the-box thinking, it's where the great composers and artists found their inspiration.

Fantastic. Then, we're going to the heart, brain and we're grounding the heart. Let's just take a stem cell from the heart and let's just clear out and clean up those brain cells, those neurons in the heart so they can function well, full energy, full mental brilliance so that you're really aware of and in touch with that higher communication of love. If you haven't already, that line of energy, just grounding the heart down to the center of the earth and we're going to release any dark or negative energy. Let's go ahead, just like we did when we cleared the center of the head. If there's one pattern, one broken heart pattern, that you can just put into like a legal document and throw it down the ground in court and say I'm just really willing to let go of this one interruption in my love space and my space of brilliance and communication. I'm more available than ever to understand my world with a loving heart, through loving eyes, through my loving arms and through all of my ways that I perceive, I'm willing to have my heart be more open than it is at this moment and more available to that magnificent gratitude, joy and really the highest level of intelligence.

Finally let's bring a golden sun into the top of the head and bring that down and to seal up all of these healing. The golden sun that you put at the top of your head, I want it to be as big as a house and I want you to bring that and stuff it into your body, just a bring it in to all the cells of your body so there's an ample amount of God energy, gold energy to just fill you up. Fill up your fingers and toes, arms and legs, neck and head, with gold energy. You've gotten a gigantic healing today. This

is a healing of regeneration. Really bringing yourself into more mental clarity and higher function from the head, from the brain, from the spiritual body, from the emotional body, it's all set at a higher function now. Better sleep, better communication from cell to cell.

Add another golden sun and there use it is a beautiful yoga, your crosslegged and let's bring you down into your body and fill all the cells of your body. Bring yourself down into your feet and hands, arms and legs, torso, neck and head and let's just imagine now your spirit is stretching out filling out to the outside edge of the skin, and you're just doing the spiritual stretch from the inside out and then go ahead and do a physical stretch and just stretch your toes and your hands. I'd like you to extend your fingers way out extend your toes if you can it, if they're not in shoes, stretch out your legs, stretch out your back, stretch out your neck and your head and maybe roll your head from side to side but really feel yourself as the spirit fully embodied, better than you ever had been before. You're really clicking in present time. Spirit coming in and settling into the body in present time and physical body coming into present time, remembering the healing, knowing all is well in the body and breathing in and out.

Rub your hands together, in front of your heart, creating spiritual energy. Taking your right hand over your heart and your left hand over your right in a universal mudra of self-love and self affinity. Affirm to yourself, I love myself. Just breathe that in and let that love seal this healing.

May you be with the blessings of the supreme being, that this meditation is complete. May the entire world be filled with mental clarity, high brain function, joy, abundance, bliss, celebration and peace. \*\*\* So be it.